

breakfast recipes

QUICK RECIPES FOR THOSE
BUSY MORNINGS

from Lori Kampa



Mindful Health

There's nothing better than a leisurely weekend morning, wrapped up in your favorite cozy robe, cooking your favorite breakfast foods to enjoy over a cup of coffee or tea.

Those are great, but the other five days of the week are typically busy mornings where we aren't granted that luxury.

Choosing a healthy breakfast for the bustling mornings can prove to be tricky, which is precisely why I wanted to share some of my favorite quick, healthy breakfast recipes for those busy mornings with you. Enjoy!





quinoa fruit

Some of the best kinds of breakfasts are the ones that are ready for you when you wake up. That's why I absolutely love this quinoa fruit salad option. You can make it the night before, open the fridge in the morning and dig right in. No cooking or waiting is involved. Perfect for those busy mornings where you're tempted to skip breakfast!

Pick 4-5 different fruits that you enjoy. My favorite mixture is raspberry, kiwi, peaches, and pineapple. Combine chopped fruit into a bowl and stir. Stir in cooked quinoa at an appropriate ratio; you don't want too much or too little. Drizzle with honey and freshly squeezed lime or lemon juice. Stir together and refrigerate.



smoothie bowl

Some mornings, you don't quite feel like eating breakfast. When you feel like your only options are skipping breakfast or forcing yourself to eat, there's a great in-between option -- smoothies. You can still feed your body the nutrients it needs while not having a heavy feeling you may get after eating. If you have time to sit down and eat, you can also create a breakfast bowl out of your smoothie.

To save time, you can portion all of your smoothies for the week in mason jars to keep in your refrigerator. You just empty it into your blender, and you have breakfast in under 2 minutes flat. A good ratio when making smoothies is 1.5 cups leafy greens, 1 cup almond milk, and 1.5 cups of fruit of choice. Toss in additions like chia seeds, flax seeds, or cacao powder. Add berries, sliced fruit, granola, nuts and seeds to your bowl.



energy balls

You're going to wonder if you're eating dessert or breakfast -- these are truly delicious. Not only do they taste fantastic, but they're filling, too. They are packed with loads of protein and healthy fats, so you only need to have a few before you're satisfied. These are so simple to grab on those busy mornings as you run out the door.

1 cup finely ground peanuts, 1 cup pitted dates, 1/2 cup almond butter, 1 tablespoon cacao powder, 1 tablespoon honey, 1/2 tablespoon chia seeds, 1/4 teaspoon cinnamon. Grind peanuts first, then adding in dates. Once you mix these together, add the remainder of the ingredients and blend everything together. Roll into balls and refrigerate for 30 minutes.



breakfast burrito

Breakfast burritos are a fantastic option to create out of leftovers. Toss those leftover veggies into a burrito, add in scrambled eggs, and breakfast is served. Adding some fresh herbs will liven up your burrito, and you can even top it with fresh salsa or guacamole. Yum!

You can use any leftover veggies, but some delicious options include peppers, onion, mushroom, roasted corn, broccoli, brussels sprouts, and asparagus. Mix with scrambled egg or tofu, and sprinkle with fresh cilantro. Place into a healthy tortilla or wrap in collard greens or swiss chard and top with guacamole and salsa.



overnight oats

This is breakfast you can prepare the night before. Add $\frac{1}{2}$ cup rolled oats, 1 tablespoon chia seeds, $\frac{1}{2}$ cup almond milk, and $\frac{1}{4}$ – $\frac{1}{2}$ cup blueberries to a jar. Put the lid on and give it a good shake to mix everything together.

Place the jar in the refrigerator overnight. By morning, the oats and chia seeds absorb the liquid and become soft and creamy.

Enjoy it cold straight from the refrigerator or warm it up in the microwave if you prefer a hot breakfast.

Overnight oats can be made 2–3 days ahead, making them perfect for busy mornings. You can also change the flavors by adding combinations like apple and cinnamon with walnuts, strawberries with almonds, banana with peanut butter, or mango with coconut.



english muffin

You can't get much quicker than this. Top an english muffin or a slice of Ezekiel bread with freshly mashed avocado, fresh tomato, and some freshly cracked pepper. Another of my favorite quick breakfasts is to cook a portobello cap and create a breakfast sandwich with it. So savory and fast.

Toast a whole grain english muffin, a slice of Ezekiel bread, or your favorite gluten-free bread. Spread guacamole or fresh avocado on top, top with fresh tomato, and sprinkle with freshly ground black pepper. When you have some extra time in the mornings, try cooking a whole portobello cap in olive oil. When cooked, place it inside of your english muffin to create a breakfast sandwich. You can also add guacamole to this -- it's delicious!

If we haven't met yet...

Hi, I'm Lori!

I'm a National Board Certified Health Coach, certified yoga instructor, and the founder of Mindful Health. I help women over 40 create simple, sustainable habits so they can feel better, have more energy, and live the life they want.

I hope you enjoy these quick breakfast ideas. Mornings can be busy, and having a few simple go-to options can make healthy eating so much easier.

My current favorite quick breakfast is building a smoothie in my blender the night before. In the morning, I just add the frozen ingredients, blend, and I'm ready to go.

Healthy living doesn't have to be complicated. Small changes done consistently can make a big difference over time.

If you're looking for support, encouragement, and a plan that works for your life, I'd love to connect with you.





Let's Connect!

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